

# To your Health: Detox part 2

## Keeping it clean and simple for the summer

**S**ummer is approaching, time for lighter clothes and lighter foods. Usually it should be easy to stay lean, but with the party season in full swing, this can be tricky.

In the previous issue we briefly covered the process of detoxification. In this issue we focus upon why nutrition is important for detoxing. Just as the right materials are needed to build a house, or the correct tools to repair a car, the body depends upon certain nutrients to effectively carry out detoxification. Spring Clean part 1 discussed how toxins pass through phases in the liver to be broken down and eliminated via the kidneys, bowels and skin. Part 2 gives you tips on supporting this process.

### 1) HYDRATION

Plenty of clean, filtered water is needed to support the body's filtering process via the kidneys. With a rise in temperature we naturally perspire more and increasing consumption of filtered water is a priority – especially since higher temperatures often sees an increase in parties and alcohol consumption!

Additionally, daily exercise is incredibly important to help rid the body of toxins via skin pores through sweating.

#### TIPS:

- ▶ Start your day with warm water and lemon/lime to support kidney filtration.
- ▶ Keep water close to hand and add mint leaves, slices of citrus or cucumber and sip throughout the day. Drink at least 8 glasses per day.
- ▶ Drink 8 glasses of filtered water and/or herbal teas daily.
- ▶ Sweat daily to get rid of toxins through your skin
- ▶ Be sure to have a glass of water for every alcoholic drink you consume.

### 2) Nutrition

Your liver is the hardest working organ of detoxification and to effectively break down alcohol, pesticides, medications, heavy metals and our own hormones and neurotransmitters, it relies upon specific nutrients.

Does your daily intake include alcohol, sodas, and lots of coffee, processed foods, take-away, chargrilled or artificially smoked foods?

Such dietary habits can create more acid in the body, causing toxic build up and if certain nutrients are lacking there may be an overload of damaging free-radicals and an inability to properly clear the toxins. Additionally, these can wreak havoc on the skin and the waistline.

#### Key Nutrients:

**PROTEIN** is made up of amino acids which support or modulate pathways of detoxification. This means adequate protein consumption is essential. Fortunately, protein will also help you feel fuller for longer and can support healthy weight management and promote a leaner you. Good news when the temperatures are rising! Protein is abundant in red meat, poultry, fish and dairy products, whilst vegan sources of protein include tofu, beans, lentils, nuts and seeds.

Some may find they require additional snacks depending upon their level of activity. There are some great clean, vegan organic protein powders on the market containing approximately 22g protein per scoop that can easily be added to smoothies, homemade baking, ice-creams etc.

**FIBRE:** The good news for plant-based eaters that your protein sources are often rich in other nutrients that support detoxification, like fibre. Fibrous foods support movement of waste through the body's colon. Meat and/or fish eaters must consume a mixed variety of vegetables to ensure additional vitamins, minerals and fibre that support detoxification.

Hummus and mixed veggies is a great way of getting in quality nutrients while simultaneously supporting fibre consumption.

Dark green leafy vegetables are the best way of keeping you lean whilst simultaneously supporting detoxification processes. Collard greens, kale, Swiss chard and spinach provide the micronutrients vital for detoxification organs.

Easy ways to incorporate them into your daily diet are:

- ▶ Add a handful of spinach to a smoothie
- ▶ Add kale, Swiss chard, or spinach by wilting them on top of other veggies under a lid for 1-2 minutes before serving.
- ▶ Add cleansing herbs to salads such as basil, coriander and parsley.

Cruciferous veggies such as broccoli, cauliflower, cabbages, bok choy and again, kale, are not just a fabulous source of fibre for your bowels, they are also rich in Sulphur, another important detox nutrient for getting rid of used hormones, medications and endocrine disrupting chemicals (EDCs). Try to include a portion every day.

If you consume 80% of your foods in their natural state, meaning whole, clean plant-based foods, you will naturally support detoxification. However, it is important to keep variety in the diet. A useful term "eat the rainbow" should be remembered when looking at colours on your plate, to ensure nutrient potential is achieved.

**GLUTATHIONE** is the body's most potent antioxidant for neutralizing toxins and toxic overload contributes to glutathione depletion.

Food sources that are rich in glutathione (or protect it) and support liver detoxification are: lemons, garlic, chives, leeks, onions, scallions and shallots, avocados, broccoli, carrots, asparagus and turmeric.

Dark berries (blackcurrants, blueberries, raspberries, strawberries), are rich in anthocyanins, a plant chemical that protects the liver from oxidative damage.

#### Organic versus non-organic?

If you are unsure about the impact of organic versus non-organic produce, perhaps look up the study on YouTube of a family in Sweden who ate exclusively organic food for two weeks. The concentration of pesticides in their urine fell by 95% in this short period of time. Urine and blood levels of many toxins can decrease quickly by following an organic diet.

The Environmental Working Group ([www.EWG.org](http://www.EWG.org)) is a great place to start when trying to decipher which items are worth buying organic. In France we have numerous small and local farmers selling organic produce, so try to buy from them rather than supermarkets. ▴

### CHRISTINE KJELDBJERG



has a BSc in nutritional therapy, an MSc in personalised nutrition and is a Pilates & Xtend Barre instructor. Originally from Berkshire in the UK, Christine has been living in the Riviera for 12 years. She has a busy fitness and health coaching business in Grasse and runs various educational workshops.

[www.ck-health.com](http://www.ck-health.com)